



University of Wellness

## Physical Wellness

“Honor the physical temple that houses you by eating healthfully, exercising, listening to your body's needs, and treating it with dignity and love.”

~ Dr. Wayne Dyer



## Physical Wellness

Physical Wellness is the ability to live each day in a state of physical progression. The path to physical wellness is extremely individualized to incorporate specific client needs.

It is important to note that anytime anyone has a health issue, they need to see a certified medical professional before you coach them. If a medical or physical issue presents itself while you are coaching an individual, be sure to refer them to a qualified medical professional or a certified personal trainer.



## Intro to Basic Exercise Physiology

*The body has seven main systems.*

### **1. Energy systems or bioenergetics continuum**

This involves the cellular level of food being converted into an energy source within the body.

### **2. Respiratory system**

Ensures proper cellular function by integrating organs (primarily lungs) to intake and exchange oxygen and carbon dioxide between the body and its environment.

### **3. Cardiorespiratory system**

This system included the cardiovascular and respiratory systems. This system gives our body its efficiency, giving Oxygen to our tissues and providing optimal cellular function.

### **4. Cardiovascular system**

This system consists of the heart, blood, and blood vessels. The heart pumps blood, while the blood vessels transport blood from the heart and to the body's tissues.

**The nervous skeletal, and muscular systems comprise the kinetic chain which makes up the human movement system.**

### **5. Nervous system**

The combination of each human's billions of cells which form nerves to create a network of communication within the body. It is responsible for sensory function, integrative function, and motor function.

### **6. Skeletal system**

The body's structural system is the skeletal system. It is composed of cartilage, bones, and ligaments.

### **7. Muscular system**

This system includes skeletal, smooth, and cardiac muscles. It allows the body to move freely with posture maintenance. It also circulates blood throughout the body.



## Types of Exercise

There are four main types of exercise.

### Endurance

1. Endurance- breathing and heart rate are increased. This is also considered aerobic. This type of exercise is great for increasing your overall fitness level more quickly. Examples of this type of exercise include the following:
  - a. Biking
  - b. Walking
  - c. Yard work
  - d. Running and jogging
  - e. Swimming
  - f. Dancing



(picture credit <https://studentweb.elgin.edu/>)



## Types of Exercise: Strength

2. Strength- increases muscle strength. These make carrying out everyday tasks like walking up stairs and moving furniture easier. Examples of this type of exercise include the following:
  - a. Lifting weights
  - b. Using resistance bands
  - c. Pilates
  - d. Body weight exercises such as push-ups, planks, and crunches.

### STEP-BY-STEP GUIDE TO STRENGTH-TRAINING



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## Types of Exercise: Balance

3. Balance- helps maintain and establish better equilibrium in the body. These exercises help with stability to prevent one from falling. Examples of this type of exercise include the following:
  - a. Walking heel-to-toe
  - b. Standing on one foot
  - c. Tai Chi



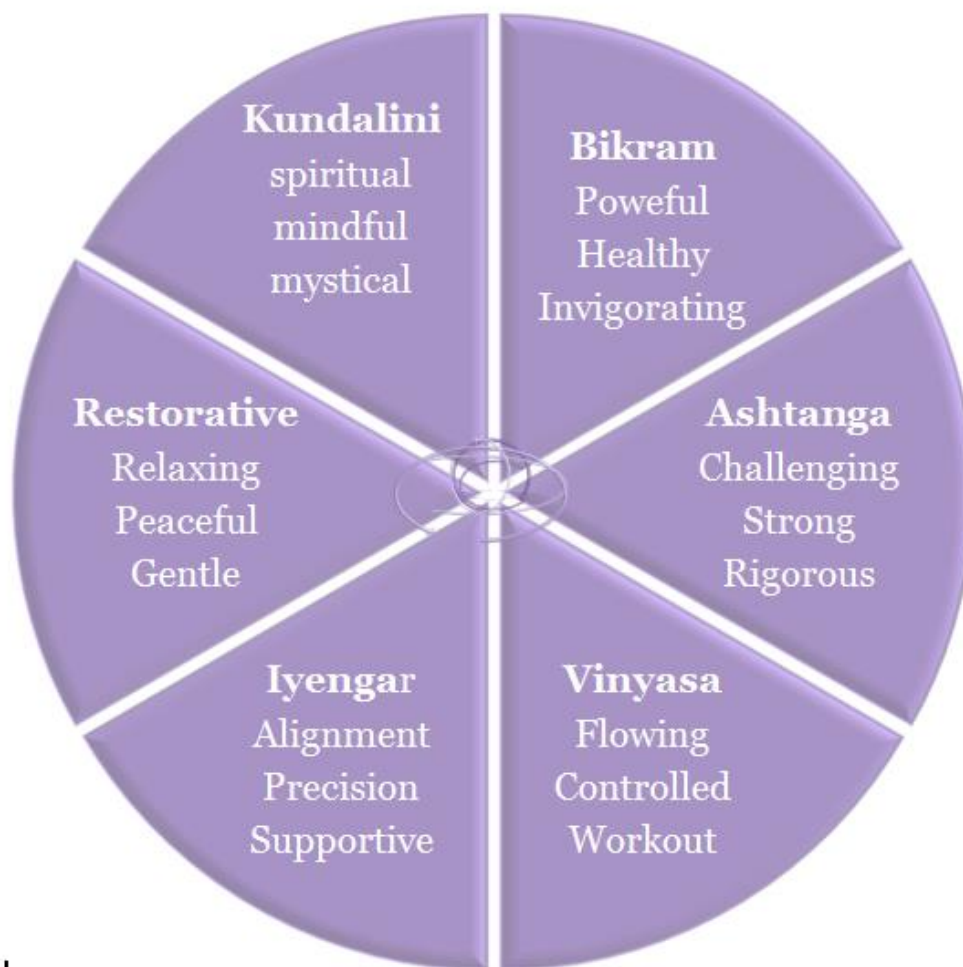
(photo credit: [www.nhs.uk](http://www.nhs.uk))



## Types of Exercise: Flexibility

4. Flexibility- increases muscle elasticity and stretches muscles. These exercises give one's body more freedom in activities. Examples of this type of exercise include the following:
  - a. Yoga
  - b. Pilates
  - c. Muscle stretching such as calf stretching and toe-touching

## Types of Yoga & its Attributes



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## Preventative Wellness

### Quick Facts:

- According to the World Health Organization, cardiovascular disease, fully preventable by living a healthy lifestyle, made up 57% of deaths in 2002.
- By 2005 \$393 billion dollars were the costs associated with the health care of those with cardiovascular disease.
- Millions of deaths each year are caused by physical inactivity.
- Over two thirds of Americans are overweight or obese. (2010 <http://www.niddk.nih.gov/> )

## Maintaining a Healthy Weight

**Maintaining a healthy weight** also means maintaining a healthy lifestyle. Maintaining a healthy weight can help prevent many diseases such as obesity, heart diseases, high blood pressure, diabetes and many other chronic diseases. One tool for gauging whether or not someone is a healthy weight is the BMI (Body Mass Index) this is checked by your weight in kilograms divided by your height in meters. The following is a BMI chart.

<b>Below 18.5</b>	<b>Underweight</b>
<b>18.5 – 24.9</b>	<b>Normal or Healthy Weight</b>
<b>25.0 – 29.9</b>	<b>Overweight</b>
<b>30.0 and Above</b>	<b>Obese</b>

Eating healthy foods such as rice, whole grains, vegetables, fruits, cheese, and lean meats is recommended for a healthy diet, but not to be outshined by the ideal of listening to your own body's needs. Eating less sodium, saturated fats and sugar is a great place to begin in creating a healthier diet.

Staying physically active with daily exercise such as walking, jogging or going to the gym for at least 20 - 30 minutes a day will help with weight management, but it can also help with mentality. Feeling good about yourself can set the stage for good weight management. Positive attitudes bring about positives results.

Visiting your physician on an annual basis and having certain blood tests and screenings done can identify any medical problems. Annual physical exams are amazing prevention tools. Having mammograms, colonoscopies, EKG and visual testing done are some steps to keeping a healthy lifestyle.

Obesity and poor lifestyle choices can increase many health conditions and diseases. This is including high blood pressure, type 2 diabetes, stroke, heart disease, breathing problems, and low quality of life.





## Blood Pressure

<b>Min</b>	<b>Normal</b>	<b>Max</b>	
<b>Years of age: 14 – 19</b>	<b>105/73</b>	<b>117/77</b>	<b>120/81</b>
<b>Years of age: 20 – 24</b>	<b>108/75</b>	<b>120/79</b>	<b>132/83</b>
<b>Years of age: 25 – 29</b>	<b>109/76</b>	<b>121/80</b>	<b>133/84</b>
<b>Years of age: 30 – 34</b>	<b>110/77</b>	<b>122/81</b>	<b>134/85</b>
<b>Years of age: 35 – 39</b>	<b>111/78</b>	<b>123/82</b>	<b>135/86</b>
<b>Years of age: 40 – 44</b>	<b>112/79</b>	<b>125/83</b>	<b>137/87</b>
<b>Years of age: 45 – 49</b>	<b>115/80</b>	<b>127/84</b>	<b>139/88</b>
<b>Years of age: 50 – 54</b>	<b>116/81</b>	<b>129/85</b>	<b>142/89</b>
<b>Years of age: 55 – 59</b>	<b>118/82</b>	<b>131/86</b>	<b>144/90</b>
<b>Years of age: 60 – 64</b>	<b>121/83</b>	<b>134/87</b>	<b>147/91</b>

This chart can help clients to know what the normal ranges are and what the maximum ranges are. If clients get above the maximum they should be seen by a medical professional.

There are three stages to high blood pressure.

First of which is prehypertension which ranges from 120-130 (systolic – top number) 80-89 (diastolic – bottom number) – Maintain or adopt a healthy lifestyle

Second is Stage 1 hypertension which ranges from 140-159 systolic – 90-99 diastolic – Maintain or adopt a healthy lifestyle and if blood pressure is not under control after a month or two they should be seen by a medical professional.

Third is Stage 2 hypertension which ranges from 160 or higher systolic – 100 diastolic - Maintain or adopt a healthy lifestyle and if blood pressure is not reached after a month, medication or other interventions could be necessary. Seeing a medical professional regularly is vital at this stage.



## Diabetes & Blood Sugar

Healthy blood sugar levels should be maintained. If unhealthy levels are left untreated, they can lead to physical problems such as the following:

**Hypoglycemia** – abnormally low blood pressure which is a level below 70 mg, some of the signs for hypoglycemia are headaches, shakiness, lightheadedness and dizziness.

**Hyperglycemia** – is an abnormally high blood pressure which is a level of 200 some of the signs for hyperglycemia are increase in thirst and frequent urination.

**Diabetic ketoacidosis** – this is caused by not getting enough glucose into the system which is needed for energy.

**The following target ranges are recommended for most adults according to American Diabetes Association.**

### Blood Sugar Levels

- between 70 and 130 mg/dl before meals
- below 180 mg/dl within two hours after eating
- general reading of A1C at 7 percent
- fasting reading of eAG at 154 mg/dl

One's A1c levels should be checked by a physician if you are experiencing any negative symptoms and annually. If it is determined that one is at risk for diabetes or already has diabetes, assessing more often may be necessary. The A1C test can typically be repeated every three months because it measures blood sugar levels over time. If one has type 1 diabetes it should be checked 3 to 4 times a year. If one has type 2 diabetes and it is controlled by insulin, he or she should be tested 4 times a year.

Resources: <http://www.mayoclinic.org/diseases-conditions/diabetes/expert-blog/blood-sugar-control/BGP-20056555>

<http://www.diabetes.org/living-with-diabetes/treatment-and-care/blood-glucose-control/hyperglycemia.html>

### Blood Sugar Levels Sample Tracking Chart

Date	Target Reading	Before Meals	After Meals	Medicines Taken	Factors That May Affect Results



## Cholesterol

**LDL** – Low-density lipoprotein - Bad Cholesterol – 100 or below

**HDL** – High-density lipoprotein - Good Cholesterol – 60 or above – Low risk of Heart Disease

40 – 60 – Optimal

40 or below – High risk of Heart Disease

**Triglycerides** – Are fats that are carried in the blood. 150 or below- Low risk of Heart Disease

**Total Cholesterol** - below 200 – Desirable

200 – 239 – Borderline

240 or above – High Risk

Blood tests for cholesterol should be performed once every 5 years after the age of 20 if there are no symptoms of high cholesterol. The best way to manage it is through diet and exercise. Reducing the amount of saturated fats and trans fat in your diet can help to lower it. Eating too much sugar and carbohydrates will increase cholesterol levels. Regular exercise of 30 minutes a day can improve it. Eating oatmeal, food with high fiber, fish, walnuts, almonds and avocados are all helpful in keeping your cholesterol at a good level.

Experts recommend that men ages 35 and older and women ages 45 and older be more frequently screened for lipid disorders.

### Notes:

(Resource: <http://www.webmd.com/cholesterol-management/guide/understanding-numbers#>)



## Managing stress Questionnaire

Stress has the power to affect our physical health greatly. Use this questionnaire to gauge stress levels and stress management so that you can determine a starting point for improvement.

- Do you worry about the future? Yes \_\_\_ / No \_\_\_
- Do you sometimes have trouble falling asleep? Yes \_\_\_ / No \_\_\_
- Do you reach for a cigarette, a drink, or a tranquilizer in order to reduce tension? Yes \_\_\_ / No \_\_\_
- Do you become irritated over basically insignificant matters? Yes \_\_\_ / No \_\_\_
- Do you have less energy than you seem to need or would like to have? Yes \_\_\_ / No \_\_\_
- Do you have too many things to do and not enough time to do them? Yes \_\_\_ / No \_\_\_
- Do you have headaches or stomach problems? Yes \_\_\_ / No \_\_\_
- Do you feel pressure to accomplish or to get things done? Yes \_\_\_ / No \_\_\_
- Are you very concerned about being either well-liked or successful? Yes \_\_\_ / No \_\_\_
- Do you perform well enough in life to satisfy your basic needs? Yes \_\_\_ / No \_\_\_
- Do you get satisfaction from the small joys or simple pleasures of life? Yes \_\_\_ / No \_\_\_
- Are you able to really relax and have fun? Yes \_\_\_ / No \_\_\_
- Do you eat when feeling stressed? Yes \_\_\_ / No \_\_\_

Total score (sum of all 13 items): \_\_\_\_\_

If your score is 4 or more, you may be under significant stress and you could benefit by participating in a stress management program.



## Sleep Habits and Hygiene

Getting a good night sleep can be difficult at times. For some it can be a challenge every night. Setting up a sleep schedule can be a benefit to everyone if they follow it consistently. Good sleep hygiene is as important as any other way that you take care of yourself. Begin by setting up a time to go to bed and a time to wake up every day, even on weekends can get your body started in the right direction to get a good night's sleep. It's a great idea to keep TVs and electronics turned off close to bedtime. You should be mindful of what you eat and drink before bed to avoid insomnia and discomfort. Also avoid caffeine, alcohol, and cigarettes as they have a stimulating effect.

It's also important to get comfortable. If your pillow is not as comfortable as it once was, look into getting one that may support your neck for a better position when sleeping. If you're a nap taker through the day, take a short nap but no longer than 30 minutes so that your sleep schedule is not disrupted. Another great idea is to be physical throughout the day by exercising your body and your mind. Learning to manage your stress levels can also lead to significant improvements in sleep. If stress causes sleepless nights, consider writing down your thoughts at bedtime. This is a great exercise to assign to clients as part of their nightly routine.

With regard to sleep hygiene, it is important to schedule sleep like any other activity. Carve out an hour or so to prepare for bed with your routine. Brush your teeth, read a book, and do anything else that helps your body and mind transition into a state of rest. Sleep is vital for overall physical health.



## Weight Management

With obesity as a rising epidemic, it is important to note that there are many factors contributing to this. It is important that we never judge our clients by their outward appearance. Behavioral, physical, socio-economic, and environmental factors all play various roles in the obesity epidemic. Due to our high-demand jobs, we are consuming more calories and moving less as a nation. Our dinnerware is also growing in size, which influences our portion sizes to be much larger than they were a decade ago. In reducing weight gain and maintaining weight loss overtime, the key is the implementation of **permanent lifestyle change**.

### Keys to Permanent Lifestyle Change

1. Determine calorie and energy needs so that one knows exactly how much food consumption his or her body requires, along with how much energy the body expends on the average day.
  - a. Determine one's resting metabolic rate (RMR) which is the energy amounts that one expends during the average day simply by being alive. There are great calculators for this online such as <http://www.myfitnesspal.com/tools/bmr-calculator>.
2. Assessing body fat and weight composition using BMI to gather a weight to height ratio is helpful in gauging whether or not the client is a healthy weight. (BMI= body weight in lbs x Height in inches) There are also great calculators for this online.
3. Introduce small healthy dietary changes at a manageable pace. This means not eliminating multiple food groups overnight. Make a list of all of the food choices one needs to make, then choose one to work on per 21 days to improve habits!
4. Exercise portion control. When it comes to permanent diet changes, it is perfectly ok to indulge in smaller portions. If you're really craving ice cream, it's a great idea not to deprive yourself and to have a one cup serving instead of the typically served 3+ cup serving.
5. Read food labels to create higher levels of nutritional awareness. Begin by analyzing the labels of what you usually consume. Are there healthier versions of anything you regularly eat? For example, can you replace ice cream with frozen yogurt? How about replacing sugary hot chocolate with homemade hot cocoa with stevia. Do you crave salty chips or snacks? Can you replace them with nuts, seeds, pickles, or popcorn?
6. Decide what you're ordering before you get to a restaurant by looking up the nutrition facts. It's a lot easier to order a healthy meal when you're deciding on a full stomach and not in the environment of the restaurant with all of the delicious smells and sights.



## Client with Eating Disorders

Coaches should always refer any client expected of having an eating disorder to the appropriate specialists. Consult [www.nationaleatingdisorders.org](http://www.nationaleatingdisorders.org) for a list of resources.

### **Warning Signs that a Client Needs the Support of an Eating Disorder Specialist**

1. Extreme dieting
2. Extreme Exercise
3. Severe body image issues that affect lifestyle choices
4. Amenorrhea (menstrual cycle is absent)
5. Looking emaciated or unhealthily thin
6. Eating uncontrollably
7. Laxative or diet pill abuse
8. Using the restroom frequently after eating
9. Dental problems
10. Childhood obesity
11. Binging episodes
12. Mood reflecting depression
13. Eating even when full
14. Fluctuating weight



## Components of Modifying One's Lifestyle

### Blocks and Barriers toward Change

- victim mentality
  - Instead of believing and trusting that everything happens for them to teach them life's lessons, they feel that everything happens to them to hurt or control them.
- internal locus of control
  - This person feels in control of their life and takes responsibility for his or her actions.
- external locus of control
  - This person feels like everything that happens in life is done to them. He or she blames forces outside of themselves for life events.
- cultural and family norms and beliefs
  - examples: People in our family are just heavier than most. Women should not over-work themselves in our culture. Working hard is for the men.
- source of motivation
  - Choosing to do something for someone else almost always backfires. If someone desires to make a health change for their spouse, then it is likely they will be less committed in the long run than if they do it for themselves.
  - Goals that come from a place of self-love are the most likely to be achieved in the long term.
- complexity
  - Is the goal too complicated? Are there smaller steps that can be taken leading up to the final goal to reduce feelings of overwhelm?
- environmental obstacles
  - Do they have familial support? Is their home loaded with obstacles to their health? Is their time unbalanced?
- comfortability
  - This occurs when someone is stagnant in his or her life. He or she does not want to set new goals because that would require too much effort or change.
- energetic imbalances
  - This addresses the spiritual, emotional, and physical side of their life.
- rationalizing behavior
  - This occurs when someone takes part of the agreed upon action, and uses that leverage to rationalize that the rest of their actions are compensated for.
- procrastination
  - Procrastination affects many people when they put off the actions they know they need to take.





# Week Ten: Physical Wellness & Coaching

- Sacred Contracts and goal setting with SMART goals can help clients initiate action.
  - Sacred contracts are a promise they create to their higher power on paper with a date and specific actions they will take.
  - SMART Goals are:
    - Specific
    - Measurable
    - Action oriented
    - Realistic
    - Time bound



## High Mileage Questions

- How do you feel about your physical body?
- How are you able to fit exercise into your day?
- How does healthy nutrition fit into your regular routine?
- What kinds of routines do you create around stressful situations?
- What strategies do you use to manage stress within your everyday life?
- How would you describe your daily routine?
- When you feel stressed, how do you get rid of the tension?
- How would you describe your sleeping patterns?
- How would you describe your exercise routine?
- How do you feel about exercising? What is your attitude toward it?
- How do you feel about the results of your past fitness goals? Did you achieve them? How would you describe how you felt during the process?
- What brought on your desire to change in this area?
- Have there been any factors that have derailed your progress?
- What do you think have been the reason why you didn't reach your goal?

### **Goal setting:**

What is your Short Term goal (3-6 months)?

- What is your Medium Term goal (6-12 months)?
- What is your Long Term goal (more than 12 months)?
- Why are these goals important to you?
- What would you like to change about your physical wellness?



# Week Ten: Physical Wellness & Coaching

- **Struggling vs. Abundant Coaches: How to approach your business from an abundant mindset even when you don't feel abundant.**
  - **The Struggling Coach**
  - Chooses to coach everyone and anyone.
  - Remains afraid to ask for money.
  - Waits until everything is perfect before they charge for coaching.
  - Spends their time, energy, and money on getting the word out. They believe that marketing is essential in order to get clients.
  - Thinks that because they give advice to their friends they will be successful as a coach. They coach without permission-friends, family and colleagues-and they cannot distinguish between impactful coaching and unsolicited advice.
  - Recognizes that getting clients is the hard part. They seek more and more information about how to “get” clients. They want more and more information on the latest, newest “magic marketing system.” They think that they just need to find a guru to teach them the “right” way.
  - Tries to please everyone.
  - Focuses on wanting to be liked. They people please, while wondering why their clients miss sessions and don't show up on time.
  - Allows their dreams to overwhelm them.
  - Spends their time creating beautiful websites and stunning business cards, while requesting “likes” for groups and sending out tweets on the hour.
  - They have never invested in their own coach. They don't see the message that sends. If you don't believe in coaching no one will believe in you.
  - They think money is like oxygen.
  - They think confidence is a requirement for taking action.
  - They try to sell the concept of coaching.
  - Seeks more and more credentials.
  - They are reactive.
  - **Are there any ways in which you are within the struggling coach mindset?**



# Week Ten: Physical Wellness & Coaching

- **The Abundant Coach**

- Commits to coaching, no matter what.
- Failure doesn't stop them. They are not embarrassed by their mistakes and there's no turning back.
- Loves coach trainings, reading, and seminars as a way to deepen their understanding of life, business, money, health, and relationships. They do not use these as a way to distract themselves from doing the work.
- The pro coach loves selling because they know they are bringing value to other people's lives.
- Limiting hours and setting boundaries actually brings value to them as a coach.
- They don't think there is a "hard part." They love the business side as much as coaching.
- They know that being uncomfortable is the only way to grow. Because they create such powerful agreements, their clients never miss and are never late for a session.
- Have huge dreams and takes steps everyday to make it happen.
- They know there is no such thing as a high paying client. Fees are just an exchange for value and worth.
- They understand that receiving coaching is part of their professional development. They model the power of coaching by devoting a significant part of their time, energy, focus, and income on being coached by the best coaches they know.
- They know that confidence is a result of taking action.
- They sell by giving people a powerful experience of coaching.
- They know that at the end of the day credentials are irrelevant if they don't have the skills and the belief to make things happen.
- They are very creative.
- **How are you creating the life of an abundant coach currently?**



# Week Ten: Physical Wellness & Coaching

- **Self- Reflection: Are you a struggling or abundant coach? Take time to explain. Then, record ways that you can envision adding abundance into your everyday coaching life.**





# Week Ten: Physical Wellness & Coaching

- How can you add value to your coaching package? Will you provide them with e-mail contact, text messages, weekly plans, assessments, card readings, business plans...? Make a list of all the added value options you can provide.

**Last, taking everything into consideration, price and build your packages. Use the space below to brainstorm.**

Offering/Components	Duration	Pricing	Value Added & Notes



# Week Ten: Physical Wellness & Coaching

**Notes:**